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RIDIN' HIGH

RIDERS GET A SECOND STRAIGHT WIN OVER THE BLUE BOMBERS

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Monday, September 10, 2012

News worth sharing.

Felled in the line of duty

Two names were added to an RCMP memorial wall during a national service in the province Sunday

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From rugrats to bookworms

Try these eight unique strategies to get your kids into reading

PAGE 11

That's a wrap

Ticket sales, TV ratings and anecdotes indicate London embraced the Paralympic Games like no other city before it

PAGE 22





VOICE OF A GENERATION

Taylor Swift poses on the green carpet at the Canadian Country Music Awards in Saskatoon on Sunday. The American singer-songwriter was a presenter and also accepted the generation award, a new award this year that celebrates those who have pushed country music forward to new audiences and raised awareness of country around the world. More coverage of the CCMA's, page 8.

LIAM RICHARDS/THE CANADIAN PRESS

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Blue Bombers get the boot

Banjo Bowl. DeAngelis kicks 40-yarder on last play to give Riders another much-needed win over Winnipeg

Sandro DeAngelis kicked a 40-yard field goal on the last play of the game to give the Saskatchewan Roughriders a 25-24 win over the Winnipeg Blue Bombers on Sunday.

The victory follows on the heels of Saskatchewan's 52-0 thumping of Winnipeg last week and takes the Riders' record to 5-5.

Winnipeg fell to 2-8 in front of a sold-out crowd of 30,077, boosted by extra seats at Canad Inns Stadium.

Bombers kicker Justin Palardy had connected on his fifth field goal of the game with less than three minutes on the clock to give Winnipeg a 23-22 lead.

But when the Bombers later got to Saskatchewan's 36-yard line, Winnipeg interim head coach Tim Burke made the call for Mike Renaud to punt the ball rather than try another field goal.

Renaud's punt went into the end zone for a 56-yard single and 24-22 lead, but it gave Saskatchewan a chance to start its winning drive from its own 35-yard line.

Saskatchewan quarter-



Saskatchewan Roughriders' Mick Williams sacks Winnipeg Blue Bombers' Joey Elliott during the first half of their CFL game in Winnipeg Sunday.

JOHN WOODS/THE CANADIAN PRESS

back Darian Durant left the game in the first quarter because of a hip-flexor injury and didn't return.

Drew Willy replaced Durant and completed 17 of 23

pass attempts for 188 yards, one interception and one touchdown.

Joey Elliott was making his fourth straight start for the Bombers and was 19 of

33 for 241 yards with no TDs and no interceptions.

DeAngelis also kicked field goals from 34 and 23 yards and went wide on a 40-yard attempt for a single.

Chris Milo added a punt single.

Up next for the Riders is a trip to Montreal to face the Alouettes on Sept. 16.

THE CANADIAN PRESS

RCMP add civilian chopper pilot to memorial wall



RCMP officers stand at attention while names of lost members are read aloud at the 2012 National Memorial Service to honour fallen Mounties on Sunday in Regina. ROY ANTAL/THE CANADIAN PRESS

The RCMP added two names to their honour roll, cenotaph and memorial wall during a national memorial service in Regina on Sunday.

One of those honoured was David John Brolin, who Public Safety Minister Vic Toews says is the first civilian member of the RCMP to be added to the memorial wall.

Brolin died in January after a helicopter accident that took place while he was training with an RCMP emergency-response team near Chilliwack, B.C.

The other member honoured was Const. Derek Pineo, who was killed in a

Minister's statement

- Public Safety Minister Vic Toews said Canadians owe a debt of gratitude to members of the RCMP.

- "Most of us leave for work in the morning with the full expectation that we will return home safe at

the end of our day. Police officers begin their shifts with the knowledge that they are facing the unknown and that they could very well be risking their lives while on the job," Toews said in a statement from Ottawa.

collision with a moose while responding to a call near Wilkie, Sask., in July.

The additions of the names brings the total number of fallen members to 230

since 1876.

Sunday's service and memorial parade was held in Sleigh Square at the RCMP Academy.

THE CANADIAN PRESS

Mobile news



Ever wonder what the Royal Family would look like as the undead? Canadian 'Zombie Illustrator' Rob Sacchetto has. Scan the code to view the artist's ghoulish gallery.

WHL

Blades battle back against Raiders

The Saskatoon Blades took home a 6-3 win over the Prince Albert Raiders on Saturday night in Warman.

The win put the team back on track after a 6-2 loss in Prince Albert on Friday night.

The Blades dressed an older lineup for the

game, which didn't produce early on. They ended the first period down 2-1, but came out strong in the second period.

The Blades managed to put the puck into the back of the Raiders' net four times in the second period — three times on the power play — outshooting Prince Albert 19-3 in the second.

The teams traded goals in the third period, but in the end the Blades man-

aged to come out on top.

The next faceoff for the Blades is against the Regina Pats on Sept. 14 at 7 p.m. in Regina, with the Blades hosting the Pats at Credit Union Centre on Sept. 15 at 7:05 p.m.

MORGAN MODJESKI/METRO

CIS football

Huskies fall to Bison 31-28

The University of Saskatchewan Huskies came up short on the road against the University of Manitoba Bisons on Saturday.

Wind was an apparent factor for the majority of the game as the Huskies kicked off with the wind and quickly took the lead, finishing the first half up 14-7.

Manitoba took control in the second half, scoring 15 points in the third

quarter, but the Huskies battled back in the fourth with a touchdown and a field goal.

Despite the Huskies fourth-quarter push, the Bisons held on to their lead and handed the Huskies a 31-28 loss.

The U of S kicks off against the University of British Columbia on Sept. 15 at 2 p.m. at Thunderbird Stadium in Vancouver.

MORGAN MODJESKI/METRO

Criminals using our less-secure documents to get real passports

Leveraging upward.

A stolen SIN number and a forged birth certificate give thieves the ability to obtain more important IDs

Criminals are increasingly using stolen social insurance numbers and doctored birth certificates to obtain legitimate driver's licences and passports, an internal RCMP report says.

And by leveraging pilfered or forged identity markers into higher-value IDs, criminals can sidestep tough anti-counterfeiting features built into government-issued identity documents, including a pending upgrade of passports with biometric chips.

"Identities are being overtaken, altered or created, facilitating a number of other crimes, including many variations of fraud, typically for financial gain or to conceal a true identity," says the March 2011 report from the RCMP's criminal intelligence division.

It points to a rising use of "breeder" documents — iden-



The RCMP says other official documents are being used to sign up for legitimate passports. THE CANADIAN PRESS FILE

tity records such as social insurance numbers, birth or citizenship certificates — that are stolen, tampered with, then used to sign up for credit cards or valid forms of identity.

The report suggests Ottawa's recent move to stop issuing SIN cards, instead sending the information in a

letter, may not hinder identity thieves who skim someone's mail or pick through their garbage looking for the nine-digit number.

The report says the failure of governments to cross-check the authenticity of documents used in applications allows fraudsters to stitch together a "synthetic"

identity, combining a stolen social insurance number or altered birth certificate with a made-up name and date of birth.

That means a social insurance number can be successfully paired with an entirely different name on a government application form, since the two are not routinely

checked for a match, it says.

And online applications make it easier for criminals to avoid face-to-face interactions when committing identity fraud, the report notes.

Though obtaining credit cards is the No. 1 goal for fraudsters, they're also exploiting gaps in the way numerous official identity documents are issued to acquire a federal passport or driver's license, according to the RCMP.

"There are too many ID cards/documents in circulation. More documents lead to more standards, which opens the door to more fraud," the report says, adding organized crime groups seize upon identity-protection shortfalls.

Getting the provincial and federal governments on the same page when checking someone's identity is a big undertaking that nonetheless needs tackling, said Lindsay Lee, director of the Canadian Identity Theft Support Centre, which runs a hotline for identity fraud victims.

"There's no unified system for (governments) to check everything across the board. It's really challenging to get everyone in line," she said.

THE CANADIAN PRESS

Sobering numbers

ID theft now a growth industry

Some 17,000 Canadians lost more than \$13-million to identity fraud last year, twice the loss reported in 2007, according to the Canadian Anti-Fraud Centre, a federal organization which tracks identity crime.

Having a credit check done once a year and watching for missing bills are two ways people can protect themselves against the more than two-dozen types of identity crime, it recommends.

And once bills and government letters have been read? "Shred them."

RCMP Sgt. Luce Normandin is helping draft a national identity crime strategy. She says the plan aims to boost awareness among governments, businesses and Canadians and cut down identity theft rates. THE CANADIAN PRESS

Only in Canada. Flu shots made people even more susceptible to pandemic

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early weeks of the pandemic that people who got a flu shot for the 2008-2009 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a flu shot.

Five studies done in several provinces showed the same results. But initially research outside of Canada did not, and the effect was dismissed as "the Canadian problem."

News of the unexpected findings broke at a time when countries in North America and parts of Europe were getting ready to start vaccinating their populations against the pandemic virus.

Some jurisdictions were also trying to figure out whether to offer the seasonal flu vaccine they had purchased — similar to the 2008-2009 shot — along with the pandemic vaccine, in case the seasonal flu viruses continued to circulate. Quebec opted not to offer the season-

Pandemic flu

The U.S. Centers for Disease Control recommend seeing a physician if the following symptoms occur:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Low temperature

al vaccine because of the concerns raised by the studies.

Many people in the public-health community found the whole event unhelpful, and many rejected the findings. Some suggested if there was a problem, it might have been with the flu vaccine used in Canada, because the problem wasn't seen elsewhere.

THE CANADIAN PRESS



Cyclists fight kids' cancer

Diane Klich and Paul Berendson, who are taking part in the Sears National Kids Cancer Ride from Vancouver to Halifax, stopped for a break in Winnipeg Sunday and got a hug from Ben the Sears Charity Bear. They hope to raise \$1.5 million to help fight cancer. Follow them at metronews.ca. SHANE GIBSON/METRO IN WINNIPEG

Mammal minesweepers. Canadians watched U.S. navy dolphins in action

Canadian soldiers got an up-close look at bomb-detecting dolphins during a military training exercise with the Americans off the coast of British Columbia, a newly released document shows.

The U.S. navy brought four bottlenose dolphins and a support team to Esquimalt, B.C., last year to practise anti-mine tactics as part of Exercise Trident Fury. The training operation took place in May 2011 and involved the armed forces and coast guards of Canada and the United States.

A briefing note to the chief of maritime staff described the exercise as a rare opportunity for the Canadian

Underwater allies

Mine-detecting dolphins have served for a long time.

- The U.S. navy has been training dolphins and sea lions since the 1960s.
- During the 2003 invasion of Iraq, navy dolphins helped U.S. forces clear anti-ship mines and underwater booby traps.

military to gain valuable experience working with the animals — something it currently does not do.

THE CANADIAN PRESS

Drummondville, Que.

Tornado kills hydro for more than 90K

A small tornado hit an area northeast of Montreal on Saturday as part of a storm that left more than 90,000 homes and businesses without power.

Rene Heroux of Environ-

nement Canada says wind speeds hit 120 km/h in Drummondville, Que., tearing off the roof of at least one building.

It was the fifth tornado of the season in Quebec.

There were about 2,400 Hydro-Quebec clients still without power across the province on Sunday afternoon. THE CANADIAN PRESS

Quebec

Research backs measles shot at later age

A second study from Quebec is calling into question the timing at which children are vaccinated against measles.

The new research supports an earlier study from

the same scientists, which suggested the measles vaccine might work better if the first dose was given a few months later than the current practice.

Lead author Dr. Gaston De Serres of Quebec's provincial public health agency presented the work at a major international infectious diseases conference in San Francisco.

THE CANADIAN PRESS

Infections

Study shows increased flu risk comes with vaccine

A strange vaccine-related phenomenon spotted at the start of the 2009 flu pandemic may well have been real, a new study suggests.

Canadian researchers noticed in the early

weeks of the pandemic that people who got a flu shot for the 2008-09 winter seemed to be more likely to get infected with the pandemic virus than people who hadn't received a shot.

A group of Canadian researchers recreated the event in ferrets. The ferrets in the vaccine group became significantly sicker than the other animals.

THE CANADIAN PRESS

Iran

PM prepared for anything after embassy closing

With Iran branding his government a hostile stooge of Israel and Britain, Prime Minister Stephen Harper said Sunday that nothing Iran does in response to Canada's severing of diplo-

matic ties would surprise him.

Harper also pledged that Canada will work through its allies to help three of its citizens still in Iranian prisons. Questions surrounding their fate have become a live issue following Canada's abrupt decision to close its Tehran embassy and expel Iranian diplomats from Canada.

THE CANADIAN PRESS

Feds turned down bid to revive Avro Arrow

Jet. Project would create made-in-Canada plane and industry that would add thousands of jobs and billions of dollars to Canadian economy, proposal claimed

A Canadian company is seeking to go back in time to help fly Canada's air force into the future.

Documents obtained by the Global News program The West Block indicate an update to the storied CF-105 Avro Arrow was put forward as an alternative to the purchase of F-35 stealth fighter jets.

And among the project's champions is one of Canada's top soldiers, retired Maj.-Gen. Lewis MacKenzie.

The Arrow was an advanced, all-weather supersonic interceptor jet developed in the 1950s but the project was scrapped before a single plane could be built.

MacKenzie told the The West Block that the Arrow's basic design and platform still exceed any current fighter jet and it is perfect for Canada's needs.

"It's an attack aircraft. It's designed for attacking ground targets and its stealth is most effective against short-range radar, protecting ground targets," MacKenzie said.

Quoted

"What we need in Canada is something that can go to the edge of our airspace, from a sovereignty point of view, and be able to catch up with intruders."

Retired Maj.-Gen. Lewis MacKenzie

The plan to build an updated Arrow in Canada instead of buying into an international deal for a fleet of F-35s was originally put before the Harper Conservatives in 2010 by a company called Bourdeau Industries, which has offices in the U.K. and Canada.

The proposal, which was updated in 2012, suggested the plane could fly 20,000 feet higher than the F-35, soar twice as fast and would cost less.

But in June, the government rejected the plan, saying too much money and time was required to execute it and the plane didn't meet the technical specifications required.

"Unfortunately, what is proposed is not a viable option for Canada's next-generation fighter," said a letter from Julian Fantino, who was then Canada's associate minister for national defence.

THE CANADIAN PRESS

Avro vs. F-35

- The updated Avro Arrow proposal said that the total cost of the program would be \$11.73 billion, compared to the \$16 billion the federal government says the F-35 program will cost.

- That F-35 figure has been

disputed by the auditor general and parliamentary budget officer, who peg the true cost of the new stealth fighters at closer to \$25 billion.

- The plans for the F-35s remain on hold.



Family grieves for fallen firefighter

Ron Walter and his daughter, Rachel, are pictured with a ceremonial firefighter's helmet in honour of his son, Ray — who lost his life while on duty for the North Perth, Ont., fire department — during a ceremony for fallen firefighters in Ottawa on Sunday. FRED CHARTRAND/THE CANADIAN PRESS

Arctic. Human remains may be from Franklin Expedition

Archeologists involved in the hunt for the wreckage of the Franklin Expedition in Canada's Arctic have discovered human remains they believe are from a member of the doomed crew.

Despite bad weather that has hampered some of their plans, the journey has been a productive one so far, says the chief of underwater archaeology for Parks Canada, and it should get even better with the addition of an automated underwater vehicle from the University of Victoria.

"Work is going well ... (but) we haven't found the ships yet," Marc-Andre Bernier said

in a telephone interview after leaving the Canadian Coast Guard icebreaker Sir Wilfrid Laurier last week.

What they have found in a search on land are more artifacts from the ill-fated expedition. At Erebus Bay, where at least a dozen members of the Franklin crew are known to have died, more human remains have been recovered.

"They did find a human tooth, and some bone and a toothbrush," Bernier said. "These were really exciting finds."

There have been many efforts to find the lost ships, to no avail. THE CANADIAN PRESS

Libya. Wear, tear on jets were feared during mission: Docs

There was a fair amount of fretting within air-force ranks about the impact last year's bombing campaign in Libya was having on Canada's aging fleet of CF-18 fighter jets and the country's ability to keep pilots in the cockpits, newly released documents reveal.

The multi-role fighters were called upon to enforce a UN-sanctioned no-fly zone, which led to the ouster of dictator Moammar Gadhafi.

Soon after arriving in March 2011 at their forward base in Trepani, Italy, the Canadian contingent found they were flying six missions per day — far more than air-

force planners expected. They eventually flew 10 per cent of all NATO strike missions.

Two months into the protracted campaign, there was an intense internal debate about increasing the number of aircraft from seven to nine, prompting military planners to raise a caution flag about wear and tear on the fleet.

"There is concern amongst various staffs that the effect of such an increase on sustainable sortie generation rates may not be well understood by all concerned," said a May 2011 briefing to the country's top military commander. THE CANADIAN PRESS

Monti government

Cutting corruption will boost Italy's growth: Minister

Italy's justice minister says corruption is hampering the country's economic growth and that Premier Mario Monti's government will push hard this week in Parliament for a tough anti-corruption law.

Minister Paola Severino, citing World Bank estimates, said Sunday that combatting corruption could boost Italy's GDP by 2 to 4 per cent. Kickbacks in awarding contracts can boost overall costs and discourage investors from doing business in Italy.

She spoke on the sidelines of an annual closed-door economic forum at a resort on Lake Como.

Monti, leading a non-elected technocrat government, was reportedly coy at the forum about calls from some centrist politicians that he run for election this spring when Parliament's term ends.

He was appointed in November to save Italy from succumbing to the eurozone sovereign debt crisis. **THE ASSOCIATED PRESS**

Western sanctions

Iran's currency falls to record low

Iran's currency hit a record low against the U.S. dollar in street trading, the semi-official Mehr news agency reported Sunday.

Mehr says the rial dropped nearly 7 per cent in a single day, to 24,300 rials to the dollar. Street traders say the rial rose slightly later on Sunday to around 23,900 rials to the dollar.

The collapse of the currency is a sign of the effect of Western sanctions over Iran's nuclear program. The West suspects Iran is aiming to build nuclear weapons, a charge Iran denies.

On July 1, the European Union banned import of Iranian oil, and the U.S. tightened sanctions against Iran's banks. On Friday, Canada cut diplomatic relations with Iran over its nuclear program, support for Syrian President Bashar Assad's regime and the country's poor record on human rights issues.

Mahmoud Bahmanai, governor of Iran's central bank, said the plunge of the rial was the result of a rush on the market by buyers seeking to obtain the dollar. **THE ASSOCIATED PRESS**

CRTC eyes market shift with Bell's purchase of Astral

Public hearing. Competitors argue \$3.4-billion deal will give telecom giant too much of English-language TV market

A public hearing into Bell's \$3.4-billion acquisition of Astral Media will focus on how much of the English-language TV market the telecom giant will corner if the deal were to go through.

The CRTC will examine the multibillion dollar transaction on Monday and hear from multimedia, telecom and radio companies, producers as well as film groups and consumer advocates — many of them against the deal.

Bell's parent company BCE said if the deal is approved it will own 33.5 per cent of the English-language market, under the 35 per cent threshold set by



Pierre Karl Peladeau, president and CEO of Quebecor Inc., left, along with Lee Bragg, CEO of Eastlink, and Louis Audet, president and CEO of Cogeco Cable Inc., ask the federal government to disallow a proposed takeover of Astral Media Inc. by Bell Media in Ottawa on Aug. 7. **FRED CHARTRAND/THE CANADIAN PRESS**

the Canadian Radio-television and Telecommunications Commission for approval.

Telecom competitor Telus Corp. believes Bell would have too much control of English-language TV content and leave consumers with fewer choices and higher cable bills.

Telus has argued that the

purchase of Montreal-based Astral, along with Bell's part ownership in the Maple Leaf Sports and Entertainment TV assets, and its stake in joint venture assets, such as Teletoon, would give Bell 49.5 per cent share of the English-language television audience.

THE CANADIAN PRESS

What's at stake?

Effects of the acquisition

BCE announced the Astral deal last March aimed at creating a media powerhouse poised to take on rivals in providing digital content to consumers.

In 2010, BCE bought the rest of the CTV assets it didn't already own for \$1.3 billion.

CTV operates more than 25 stations across the country, 30 specialty channels including sports networks TSN and RDS online video programming and properties such as CTV.ca, TSN.ca, RDS.ca, MuchMusic.com, MTV.ca and TheComedyNetwork.ca. It also owns CHUM Radio, which operates more than 30 radio stations throughout Canada.

Astral is Canada's largest pay and specialty TV broadcaster and owns 84 radio stations in 50 Canadian markets and 24 television services. It is also the third-largest outdoor advertising company, and has a stake in the country's only subscription radio service, XM-Sirius Canada.

THE CANADIAN PRESS

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IF YOU WANT TO WIN THE PREMIER RACE, YOU'VE GOT TO BE A WOMAN



URBAN COMPASS
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The NDP is going about this leadership race all wrong.

So far, there are two declared candidates, and two more in the pipeline.

They are all young and smart, a great mix of experience and fresh faces.

So what's the problem? They're all guys. Think about it. The only people getting elected premier these days in Canada are women, including the two most recent: Alison Redford of Alberta and Pauline Marois in Quebec. Christy Clark in B.C. inherited Gordon Campbell's job, but only after a fierce leadership race. And she won a byelection seat fair and square.

Right now there are five female premiers in Canada, including Eva Aariak in Nunavut. Voters north to south, east to west, fed up with the political status quo, have decided to see if women can do a better job, and while the experiment has yet to test out, you can't ignore the female factor.

Except in Saskatchewan, where unless there's a female dark horse lurking in the wings, the next leader of the Saskatchewan NDP will be a guy.

It's nothing personal. The two declared candidates, Saskatoon MLA Cam Broten, and economist and former NDP youth leader Erin Weir, are both more than worthy. The two poised to declare, Dr. Ryan Meili and Regina MLA Trent Wotherspoon, are no less formidable. If nothing changes, it will be a great race.

But then the winner has to scale the Brad Wall, a sheer cliff of popularity that shows no sign of a crack.

At the same time these guys were declaring themselves willing to become sacrificial lambs for the NDP, Wall's government announced the creation of another 20,000 jobs, August over August, the fastest job growth in Canada, maintaining the lowest unemployment in the free world.

Just another brick in the Wall.

This is good news (for everyone) — bad news (for the NDP leadership hopefuls) scenario has the candidates earnestly picking nits. Broten pointed out that jobs among First Nations people actually declined by 2,000. Weir zeroed in on manufacturing jobs, pointing out that 7,000 manufacturing jobs have been lost since the Saskatchewan Party took over. That means the economy is ever more dependent on resources, and vulnerable to any sneeze in the commodities market.

Good points, but hardly enough to change the game. If you have to choose between virtually indistinguishable alternatives, guess which one you try? If this keeps up, Brad Wall could end up the Peter Lougheed of Saskatchewan politics, premier for life.

If the NDP needs a real fresh face, why not a fresh gender? Maybe instead of trying to scale the wall, she'll just go around it.

They're growing!

What do human ears, bones, muscles and skin have in common?

Scientists are growing ears, bone and skin in the lab, and doctors are planning more face transplants and other extreme plastic surgeries.

Around the country, the most advanced medical tools that exist are now being deployed to help America's newest veterans and wounded troops.

• In Los Angeles, surgeons used part of Michael Mills' forehead to rebuild his nose after a bomb disfigured him in Iraq.

• In Pittsburgh, doctors used an experimental therapy from pig tissue to help regrow part of a thigh muscle that Ron Strang lost in a blast in Afghanistan.

• In Boston, scientists are making plans for the first implants of lab-grown ears for wounded troops after successful experiments in sheep and rats.

• In San Antonio and other cities, doctors are testing sprayed-on skin cells and lab-made sheets of skin to heal burns and other wounds. The ingenuity is impressive: One product was developed from foreskin left over from circumcisions.

THE ASSOCIATED PRESS

Sun cracks its whip on Earth



NASA/GSFC/SDO

Astronomy

Explosion of solar flare off the sun

A jaw-dropping image of a solar whip has been captured. NASA reported a filament of solar material, which had been in the sun's atmosphere.

Though it didn't erupt directly towards Earth, it did have an effect on Earth's magnetic environment (magnetosphere), causing aurora to appear on Sept. 3.

METRO



Swirls of green and red appear in an aurora over Whitehorse in the Yukon on the night of Sept. 3. This year has witnessed many aurorae due to 2012's high volume of solar eruptions.

DAVID CARTIER, SR./NASA

Aurora:

- Atmospheric phenomenon made of light caused by charged solar particles following Earth's magnetic lines of force.

Plasma:

- The red-glowing ejected material is a hot gas composed of electrically charged hydrogen and helium. The plasma flows along a twisted structure of magnetic fields made by the sun's internal dynamo.

Solar prominence:

- A large, bright feature extending outward from the sun's surface. They are anchored to the sun's surface in the photosphere, and extend outwards into the sun's hot outer atmosphere, called the corona.

Solar speed

1,450

kilometres per second is the speed at which this coronal mass ejection travelled. That's still only one two-hundredth of the speed of light.

Peddalling to benefit children's museum

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

Biking along the highway from Saskatoon to Regina — a 250-kilometre route — had always been a dream for Jessica Thoen.

But to complete that kind of

distance, she needed more than a personal goal, she needed a cause. A few months ago, she found it in the Children's Discovery Museum in Saskatoon. It's a not-for-profit offering hands-on educational activities for children under 10, with the aim of fostering creativity and a love of learning.

Upon hearing of the museum's plans to expand, Thoen was motivated to turn her bike ride into a fundraiser. Greg McKee at The Bike Doctor donated

a sturdy bike to ensure that she reached her goal, and Amanda Stalwick from Positively Fit offered support and encouragement over long months of training.

Jessica completed the ride on Aug. 26, raising more than \$5,000 for the museum's new exhibits. "I love the fact that I've contributed to an organization that creates an environment for children that makes them smile and giggle," she said. **CRAIG AND MARC KIELBURGER**

Craig and Marc Kielburger are founders of international charity and educational partner, Free The Children. Its youth empowerment event, We Day, is in eight cities across Canada this year, inspiring more than 100,000 attendees.

For more information, visit weday.com.

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.



Carolyn Dawn Johnson, after winning the award for female artist of the year at the Canadian Country Music Awards in Saskatoon. LIAM RICHARDS/THE CANADIAN PRESS

Top country crooners rake it in at CCMAs

Awards. Saskatoon show opened with Dean Brody's ode to sexy Canadian girls in their winter toques

Dean Brody choked back emotion Sunday as he was named male artist of the year at the Canadian Country Music Association Awards.

It was a good night for Brody.

He opened the show in Saskatoon with an enthusiastic performance of his hit single Canadian Girls before a crowd of more than 11,000 people and ended the night by winning album of the year for his record DIRT.

The attention seemed to overwhelm the artist originally from Jaffray, B.C.

"It's kind of weird for me because I'm a pretty quiet person," Brody said backstage.

"I started this whole thing to be a songwriter. I actually moved to Nashville to be a songwriter and the whole artist thing just kind of evolved from being in Nashville and writing songs. Some people were like 'Man, it doesn't sound too bad when you sing. Maybe you should record 'em.'"



Jason Blaine reacts after winning the award for single of the year.

LIAM RICHARDS/THE CANADIAN PRESS

The first award of the night went to a woman familiar with winning. Carolyn Dawn Johnson was named female artist of the year — a title she's won four previous times. Johnson said her heart was pounding.

"I'm feeling very joyful

right now and the kind of joyful that makes you want to cry. But anyway it doesn't get old. I'll say that," she said, her voice cracking with emotion.

Johnson, who has been writing and performing off and on since the '90s, said it's hard to describe how she got



Kira Isabella won the rising star award. LIAM RICHARDS/THE CANADIAN PRESS

to this point in her career.

"I guess you just keep dreaming and you work hard," she said backstage. "When I decided to do this I just went for it and worked my butt off and I still do. There's never a slacker day."

Johnson was presented her award by American country music superstar Taylor Swift, who praised the nominees for female artist of the year as inspirations for young girls.

Swift was at the show to receive the generation award, a new award that celebrates those who have pushed country music for-

ward to new audiences.

"To country radio in Canada and to the music fans in Canada, you guys are the ones who chose to play my songs. You guys are the ones who chose to buy the albums and sell out the concerts," Swift said in her acceptance speech.

Other winners included Jason Blaine, who won single of the year for They Don't Make 'Em Like That Anymore, rising star award recipient Kira Isabella, Johnny Reid for the fans' choice award and husband and wife duo The Stellas, who won video of the year for In This House. THE CANADIAN PRESS

On the web



Scan this code or visit metronews.ca/scene to get more of the details from Sunday night's Canadian Country Music Association awards.

The battleground of daytime TV

With Oprah's crown still up for grabs, three celebrities enter the talk show fray today. Here's what you need to know about the contenders.

AMBER RAY
Metro World News

Katie, Citytv

Bio
For 15 years, Katie Couric helped America wake up as co-anchor of the Today show. She became the first solo female anchor of a national nightly news broadcast when she helmed CBS Evening News with Katie Couric from 2006 to 2011.

Personality
Couric is the sweet aunt who will take you for brunch and a manicure, listen to your problems, then scold you because you know better. She hopes Katie delivers information — from daily news to dating tips — that is “smart with heart.”

What to expect
Katie, taped live from New York and mixing news and entertainment, sounds a little like a one-hour version of Today. “I’m going to be able to flex all my muscles (on Katie),” Couric says, referring to her 33 years on both ends of the television news spectrum. “I’ve done ... some lighthearted stories, some fun stories, some celebrity-driven stories. And then I’ve done very serious stories. I pride myself on being able to use the right tone and the right approach and to be able to calibrate that approach depending on who I’m interviewing or the topic that I’m dealing with on any given day.”



Secret weapon
Sheryl Crow wrote and performed the Katie theme song, reminding us of the A-list contacts that Couric must have on her iPhone, which she’ll be able to tap for interviews. Crow will appear on the first episode, as will Jessica Simpson.

The Ricki Lake Show, Global

Bio
Ricki Lake became a star as Tracy Turnblad in John Waters’ 1988 classic Hairspray. She’s a daytime vet, having hosted her titular chat show from 1993 through 2004. She produced a documentary about childbirth, The Business of Being Born, and marked her pop culture return with a stint on Dancing with the Stars in 2011.

Personality
Lake is your sympathetic girlfriend who’s been there, done that, and always has her own funny anecdote to share. “I have been rich. I have been poor. I have been fat. I have been thin,” Lake admits. “I’ve had this life experience, and I’m an open book. I’m willing to share my hardships and my triumphs.” Her mission for her return to talk is “that this really can be a smart show that people can learn from each other.”

What to expect
Lake became a phenomenon when, in her 20s, she addressed the (sometimes scandalous) concerns of the younger generation and encouraged audience participation. Now 43, Lake intends to continue engaging her fans, but with a more grown-up approach and topics that affect, primarily, women between the ages of 25 and 54. “Today, times are really tough. We’re all trying to figure it out and put food on our plates and be in the job force and raise families and, you know, figure out the aging process and how to reverse it,” Lake says. “So I think doing a show now that’s a little less fluff, a little



more substance — that’s something I would be looking for as a viewer.”

Secret weapon
Don’t underestimate the nostalgia factor for Ricki Lake, Talk Show Host. The studio audience started a “Go Ricki” chant.



The Jeff Probst Show, Global

Bio
Jeff Probst is the Emmy-Award-winning host of Survivor; he has helmed the reality competition since it debuted in 2000. Formerly, he hosted Rock & Roll Jeopardy! and was a correspondent for Access Hollywood.

Personality
Your over-sharing big brother who is also your biggest cheerleader. “I think my weakness as an interviewer will be a strength in daytime, which is, I share a lot, sometimes too much,” Probst admits. “But in daytime, when you are asking people to share their life on the kind of level that I’m going to go to, you have to be willing to share yours.” Probst’s wife, Lisa Ann Russell, will be an integral part of the show, often contributing to the day’s conversation.

What to expect
“If you’re looking for Jerry or Maury, this is not your show,” Probst says. “I’m not interested in people fighting onstage.” You can forget about seeing celebrities promoting

their latest movie, too, unless they are able to add to Probst’s message of positivity and embracing new experiences. “The overall idea of the show is saying yes to the adventures in your life — I mean being married, being a parent, dating, friendships,” he says. “At the end, this really is what defines our life, those adventures. And that’s the idea behind the show, and we will talk about that all the time.”

Secret weapon
Only The Jeff Probst Show boasts a party room complete with massage chairs, makeover stations, snacks and a photo booth for its audience. Probst says the set was designed to be an extension of his living room, a place “where you feel comfortable enough to kick off your shoes.” The party room serves two purposes, he explains: “One, we want the audience to feel welcome, and we also want them to spread the word — if you are looking for something fun to do in L.A., check out The Jeff Probst Show. There’s this great party room, and then there’s this really fun show.”

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Brad Pitt. ALL PHOTOS GETTY IMAGES

Brad Pitt playing coy on upcoming wedding

The only update Brad Pitt can offer on his and Angelina Jolie's wedding is that it is indeed happening — though he's not saying when.

"No plans yet, other than we are going to do it," Pitt says, according to E! News. "I plan very little as I get older."

So will best buddy George Clooney be serving as best man for the big day? Pitt jokes that his pal would probably be demoted to

Quote

"No plans yet, other than we are going to do it."

Brad Pitt
On getting married to Angelina Jolie.

usher.

"Well, you know, he doesn't believe in institutions," Pitt says. "So he can get people to their seats or something."



Jonah Hill.

Jonah Hill splits from Ali Hoffman

Jonah Hill and girlfriend Ali Hoffman have reportedly split up after nine months of dating, according to Us Weekly.

The Oscar-nominated actor had been close to Hoffman and her family — including her dad, Dustin

Hoffman — for years before becoming romantically involved.

Hill was attending high school with Ali's older siblings when her dad helped him get a role in I Heart Huckabee, his film debut and big break.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Poehler and Arnett: 2012's bummer breakup

THE WORD
Monica Weymouth
scene@metronews.ca

When we found out Amy Poehler and Will Arnett were divorcing last week, we assumed there must be the scandal of all scandals hiding behind their split. Nevermind that their rep insisted it was "very amicable" — why would two people as funny, successful and charming as them breakup? As it turns out, they're not that much different than those of us who fall asleep watching reruns of their shows, snuggling

piles of almost-warm take-out.

"Will and Amy started to feel more like best friends than a married couple — and sadly they lost their spark," a source tells RadarOnline. "The two still love each other very dearly, but the romance died and neither one of them was happy, so something had to be done."

Talk about shot through the heart. Go ahead, Source, finish us off: "Everyone used to think that because Amy and Will are both comedians their relationship was all fun. However, the laughter stopped a long time ago and now they just want to move on with their lives."

Now, we're not necessarily saying that love is dead. Just that he's emptied the mini bar, went on a Facebook bender, and things aren't looking good.



Robert Pattinson.

Pattinson getting back with Stewart?

While the future of Robert Pattinson and Kristen Stewart's relationship is still uncertain after her affair with director Rupert Sanders came to light, at least one friend of the pair says not to worry.

"They are totally going to get back together," the source tells Hollyscoop. "It is just a matter of time."

Kristen has this effect on Rob. Robert is not a player. It is really a mess of a relationship. They are both in love with each other still."

That might be a problem, though, for friends of Pattinson, another source reveals.

"They tell him, 'If she cheated once she will cheat again,'" the source says.



Katy Perry.

Katy Perry spotted with John Mayer

It appears reports of the demise of Katy Perry and John Mayer's relationship were premature, as the pair were spotted at the MTV Video Music Awards after-party looking much still together, according to Hollyscoop.

"(John and Katy) were

holding hands walking around the VIP area looking like a legit couple. They weren't even hiding it," the source says.

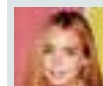
They soon left the party, though, in favour of a more intimate dinner at a restaurant in West Hollywood.

Twitter



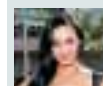
@joelmchale

Sad news: the phrase "hot mess" is six months past its expiration date. Also "I just threw up in my mouth a little" is over(2 years).



@lindsaylohan

just sending love, prayers and strength to #Prince-Harry



@katyperry

Today I am promised happiness. Let's do this!



@AlbertBrooks

"Shocking. Nude. Sex. Devastating" Four words you must use to have a successful website.

Hot thermos

Keep food warm until lunchtime

Putting hot food into a cold right-from-the-cupboard thermos just uses the heat from the food to heat the thermos and usually means a lukewarm lunch.

To keep your thermos warm and your hot lunch hot, fill your thermos with

boiling water, attach the lid and let sit for five to seven minutes. Drain the water, wipe and immediately place hot food into the thermos.

Bonus: To test how hot your thermos stays during the day, fill it with boiling water and leave for a few hours. When you come home, gauge how hot your water is. If it's cold it may be time for a new thermos! **MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA**

New study

Is being shy a disadvantage?

A new study from the University of Miami (UM) confirms shy preschoolers are "at greater academic risk than their chatty and boisterous peers."

Boisterous and loud children benefit from the teacher's attention, while

introverted children "tend to disappear within the classroom," according to Elizabeth R. Bell, doctoral candidate in developmental psychology at UM and co-author of the study. While not necessarily disruptive, the shy child risks getting overlooked and dismissed by teachers.

Researchers hope their findings spark further training for teachers. **JULIE M. GREEN OF YUMMYMUMMYCLUB.CA**

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- **Hotel woes.** Can mommy and her club-sized pack of anti-bacterial wipes beat you to the hotel remote control? Follow along with the comedic (mis) adventures of Reasons Mommy Drinks online at metronews.ca/voices

Myth busters

Inside lunch boxes

Myth: You are a bad mom if your kids eat the same thing every day.

Reality: When my son was four, he ate grilled cheese sandwiches for lunch every single day for about two months. Was it worth a fight to make him eat something else? Not really. He grew out of it and moved on to something else. Don't make food a fight.

Myth: You're a better mom if the lunch is cute.

Reality: In 20 years, I've never seen a cutesy lunch. Parents are stressed and throw together what they can, without the time to make it photo worthy. To me, it's way too much pressure to try to make it adorable. The emphasis should be on the fact that it's good, wholesome food.

Myth: Kids should never have treats in their lunches.

Reality: We all love them, and I often have a cookie with my coffee at work. I have no issue packing my child a homemade brownie or cookies as long as he eats the rest of his lunch. When you send treats, though, they should be a small add-on, not the focus. Little people need to focus and learn, which is hard if they are buzzed up on sugar.

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA

Get them to love reading with 8 unique strategies

Books. Kids go through phases in which they refuse to read, so it may help to try these approaches

RUTH SPIVAK
yummymummyclub.ca

1. Leave a mess of books and magazines around the house. If you can stomach a bit of mess, a disordered pile of books entices kids to browse sooner than a neat bookcase.

2. Direct kids toward non-fiction. Does your child like cars or maybe cooking? Pick up some car magazines and cookbooks. We seldom think that materials with instructions and facts count as reading, but kids are often interested in books that fuel their hobbies. For kids who enjoy facts, The Guinness Book of World Records seems to be a hit. Non-fiction is ultimately a great avenue from which to explore a variety of topics.

3. Watch book trailers for inspiration. Tantalizing plot teasers reveal just enough information to rouse interest in a book.

4. Take kids on a library shopping-spree. Give each child



Reading with kids, even the ones who graduated to chapter books, can help. ISTOCK

a huge book bag to fill, and plenty of time to browse the aisles. Don't limit the amount of books, and try not to intervene with recommendations. Older kids could be dropped off to shop on their own, just like at the mall. Kids can "charge" everything to their own library cards. Giving kids independence around book selection works like a charm, and they can't wait to sample their "new" books at home.

5. Borrow audio books. Listening to a professional narrator bring a story to life can be the push kids need to pick up a book on their own.

6. Grab some joke books, comic books, and graphic novels. They all count as reading and kids love them.

7. Read to older kids. Even graduates to chapter books enjoy being read to, and it

could be the needed nudge to read independently.

8. Share a book and a movie. You could read the same book as your child, and then together watch a movie based on that book. Comparing the book to the movie develops critical thinking skills.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Special apps for children with special needs

Special needs kids face many challenges in their daily lives. The world can be a harsh place for these kids, and therapists and caregivers can only do so much to protect and educate them.

But technology can be a powerful tool in helping these children learn, communicate and succeed in this difficult world. Here are some of the best apps for children with special needs.

iEarnedThat

This app is a brilliant reward system that was designed by a

pediatrician who is also a parent. This app works by taking a picture of your choosing and dividing it into puzzle pieces. You can then reward the child for their accomplishments during the day, by giving them a piece of the puzzle. Once they have earned all the pieces, they are able to solve the puzzle.

iCommunicate

This app allows the user to communicate through pictures and by playing back recorded messages. The app allows you to use included pictures and/or your own pictures to form sen-

tences, sequences, and schedules. These can be helpful for communicating ideas to others, instructions on how to perform a task, or reminders of daily events. This creates a powerful tool for those who have trouble communicating verbally.

In My Dreams

This particular app teaches children how to read by presenting them with simple sentences and parts of speech accompanied by animations. There are matching games included, as well. It includes sign language instruction.

ArtikPix

This one is a speech-training program. It uses games to help the child practice individual sounds by themselves or with a parent or therapist. This offers a fun and engaging way for the child to practice learning proper speech.

TapToTalk

This is a free app that allows children with autism to communicate through pictures. It has a simple touch interface with words and pictures to go with them, making it easy to use.

See.Touch.Learn

This is a free flashcard app for the iPad. The flashcards can be used to give instructions, teach words and objects to kids, and much more. The app also has spoken instructions and feedback to aid in learning, as well. This is a highly flexible learning tool for children with special needs.

If you are a parent of a child with special needs, give one or a few of these helpful apps a try — you might be surprised at the result.

MARIA HUGHES OF YUMMYMUMMY.CA

On the Web



Reasons Mommy Drinks: Hotels. Scan this code or visit metronews.ca/voices to find out why next time mommy's opting for the staycation.

3 FREE

Get Lost in nursery design

Fans. Would you decorate your baby's room with TV memorabilia?

MICHELLE CASTILLO
Metro World News

When Juan and Monica Joao found out they were expecting their first baby, they couldn't wait to decorate the nursery. Instead of the traditional baby blue or pink, these two TV and movie fanatics decided they wanted to pay homage to one of their favorite pastimes of collecting memorabilia.

After debating between a Lord of the Rings, Star Wars or Star Trek theme, the couple stumbled upon a polar bear at a local store.

"We said, 'This is the polar bear from LOST!'" Monica tells Metro World News.

But it wasn't until they

Quote

"This is the polar bear from 'LOST!'"

See the room: m-and-j-collection.blogspot.pt/



Is this the hatch? CONTRIBUTED BY THE JOAOS

found jungle style-trees that they decide to dedicate their son's room to the JJ Abrams-helmed show. Juan admitted the couple didn't start watching Lost until it had been on air for a few years, but they breezed through the first four seasons' mysteries in just one week.

The couple purchased items for the nursery from local stores, including using stickers of numbers to recreate the

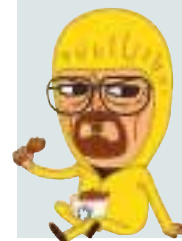
famous 4, 8, 15, 16, 23 and 42 "lucky" numbers on one of the shelves. They even created a separate jungle area with hanging plastic vines and fake grass, which Monica admitted is her favourite part. Besides the giant stuffed polar bear that rests under one of the trees, a fake crate adorned with the Dharma Initiative logo lies in the grass, waiting to be opened. A video of the room has gone viral.

Though die-hard fans of the

show, Monica and Juan still debate whether or not they enjoyed the finale. Monica admitted she didn't like it so much, while Juan was pleased with the conclusion. But baby Paris — who is named after Paris in Troy not Paris Hilton, Monica is quick to emphasize — doesn't have an opinion yet.

"He must wait a few years," Monica said. "We think maybe 12. It's too soon. He's not going to understand it."

Get your kid hooked on good TV early



Breaking Bad

Pick up some artwork, like these Breaking Bad illustrations by Mike Mitchell that display the characters of the drug drama in cute cartoon form. The artwork was part of The Breaking Bad Art Project, a show that took place in Gallery1988 in Los Angeles.



Game of Thrones

Start by pasting a giant map of Westeros on your child's bedroom wall (at HBO.com). And make sure your child sleeps like a king or queen by purchasing some Game of Thrones-themed pillow cases that displays your house sigil. They're at cafepress.com.



Glee

They'll be in high school soon enough, but you can initiate your child's musical future by playing a Glee-themed boombox/CD player. It's perfect for those Baby Einstein tapes or those covers of Don't Stop Believing.

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Weirdest baby births

MICHELLE CASTILLO
Metro World News

Welcome baby EK to the world! The name might seem strange, but the circumstances of his birth are weirder.

According to Persian Gulf newspaper XPRESS, the baby was named after the flight code for Emirates airline after he was born en route on one of the company's flights from Dubai to Manila. His mother, was only 27 weeks pregnant. She reportedly felt some extreme pain and headed to the airplane bathroom. The next thing she knew, her baby boy was inside the toilet.

Thanks to four flight attendants and two nurses, the baby survived. The plane diverted to Vietnam, and the two were rushed to a local Ho Chi Minh hospital.

That's not the most surprising birth on record. Check out these other babies who couldn't wait to be born.

- Sonia Marina Nascimento may have entered the post office in Cambridgeshire, England looking to buy some minutes for her cell phone, but left with a package that weighed 5 lbs. 15 oz., according to the BBC. Nascimento went into labour at the post office and delivered before paramedics could arrive. The



Hello cruel world. THINKSTOCK

clerk on duty made sure to give baby girl Dulce an official weigh in on the scales.

- In order to avoid floods that were destroying her town in Mozambique, full term Carolina Chirindza climbed up a tree. The Irish Independent reported that for four days, she survived without food and water. When the helicopter finally rescued Chirindza, it also brought up baby Rosita. Her mother not only delivered her in the treetops but also held onto her so she wouldn't fall in the crocodile-infested waters.

- A couple that was part of the Occupy Wall Street protests had an unexpected

member join its cause. When mother Mila Amie Economopoulos Jones went into labour, her husband and an organizer cut their Occupy meeting short and rushed her to the hospital in a cab, according to NBC New York. It was too late though: Jones gave birth in the backseat of the vehicle.

- An Indian woman named Bhuri Kalbi also gave birth on a toilet, but this time it was on a moving train. However, unlike airline toilets that store the waste in a tank, this train's toilet emptied out right onto the tracks, Reuters reported. The mother admitted she was so surprised by the birth that she didn't even notice her child had slipped. The train was stopped immediately, and luckily, the child was found on the pebbles next to the track uninjured.

- This last one isn't weird because of where the baby was born but how. In 2009, Mia Washington, of Texas, had twin boys, but each, a DNA test proved later, had a different father. Known as heteropaternal superfecundation, it happens rarely, and usually then when in vitro is involved. But Washington's pregnancy was natural, so to speak. We'll let you imagine how it happened.

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Chicken-and-cheese tortellini is as easy as 1, 2, 3 — literally



ROSE REISMAN
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Tortellini is a favourite for even the pickiest of children. The chicken gives them the protein they need, and most kids like pesto, especially if you add extra Parmesan cheese. Pack this for their lunches.

1. In a small, nonstick skillet lightly coated with cooking spray, add the chicken and sauté for 4 minutes per side or just until no longer pink. Let cool, then dice.

2. Meanwhile, boil tortellini for

Ingredients

Total time: 20 minutes

- 4 oz boneless chicken breast (about 1 breast)
- 12 oz tortellini
- 1/3 cup pesto
- 2 tbsp grated Parmesan cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

8 minutes or until tender. Drain and place in a serving bowl.

3. Add the chicken, pesto and Parmesan cheese and toss well. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional analysis

Per serving

- 354 calories; 20 g protein; 41g carbohydrates; 1.8 fibre;

12 g fat; 4.9 g saturated fat; 56 mg cholesterol; 548 mg sodium

Zucchini Strip Salad. Pasta-like veggie makes this meal look, taste good



1. Using a vegetable peeler, peel zucchini into long strips and place in a large bowl. Add tomatoes and chicken.

2. In a small bowl, whisk together oil, vinegar, garlic,

salt and pepper; add to salad and toss. Sprinkle goat cheese and basil over top and gently toss. Do not over mix or goat cheese may clump together.

THE CANADIAN PRESS/ SOBEYS, SOBEYS.COM

Ingredients

- 2 medium zucchini
- 250 ml (1 cup) large tomatoes, cut in half or quarters
- 750 ml (3 cups) shredded ready-cooked barbecue chicken, skin removed
- 45 ml (3 tbsp) olive oil
- 30 ml (2 tbsp) balsamic

- vinegar
- 1 garlic clove, minced
- 1 ml (1/4 tsp) each salt and pepper
- 60 g (2 oz) goat cheese, crumbled
- 10 fresh basil leaves, roughly chopped

Spinach Gnocchi: An Italian take on eating your greens

1. Bring a large pot of salted water to a boil. Set a bowl of ice water nearby.

2. When the water boils, add the spinach and cook until it wilts and the stems become tender, 30 seconds to 2 minutes. Use a slotted spoon or strainer to transfer the spinach to the bowl of ice water (leave the pan of water at a boil). Once the spinach has cooled, lift it from the water, squeeze out any excess moisture, then chop very finely.

3. Wash the potatoes. Using the same water the spinach was cooked in, cook the potatoes until tender but not mushy, 30 to 40 minutes. Transfer the potatoes to a large bowl (leave the pan of water at a boil, adding more water if needed).

4. Mash the potatoes or put them through a food mill, then combine them with the spinach, salt, pepper and nutmeg. Add the flour a bit at a time, kneading with your hands, until the mixture is no longer extremely sticky (the amount of flour you add will depend on the potatoes). Not enough flour will make gnocchi that fall apart; too much will rob them

Ingredients

- 10 oz fresh spinach, tough stems removed
- 3 or 4 medium potatoes
- Salt and ground black pepper, to taste
- Dash or tiny grating of nutmeg, about 1/16 tsp
- 1 cup all-purpose flour, approximately
- About 1 cup any light tomato sauce
- Freshly grated Parmesan cheese

of flavour. Once they stop sticking, add a little more flour and do a test run, then add more flour if necessary. Form the gnocchi, by hand, into inch-long oval shapes.

5. Cook the gnocchi about 6 at a time, lowering them into the water and removing them with a slotted spoon when they rise to the top, 2 to 3 minutes. Place the cooked gnocchi in a warm, shallow bowl and keep warm. When all the gnocchi are cooked, top them with tomato sauce and cheese, then serve.

THE ASSOCIATED PRESS/ MARK BITMAN'S LEAFY GREENS, WILEY, 2012

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

Before fall makes its debut this month, enjoy the coolest treat around. But be careful because it will cost you in calories and fat if you grab the wrong container and topping.

Haagen-Dazs Cookie Dough Dynamo (1 cup) with chocolate shell syrup (2 tbsp)

880 calories/ 58 g fat
This indulgence will clog arteries.



Equivalent

Aside from the more than half your daily calories and close to a day's worth of fat in the Haagen-Dazs ice cream, it is also equal in fat to 10 tablespoons of Nutella.



Breyers Reese's Peanut Butter Cup Chocolate frozen dessert (1 cup) with Smucker's syrup (2 tbsp)

440 calories/ 12 g fat



This recipes serves four for lunch. MATTHEW MEAD/ THE ASSOCIATED PRESS

The In-Credibility Factor



Lauren Friese PROVIDED

Name: Lauren Friese
City: Toronto
Age: 29



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Friese graduated with an economics degree but couldn't find any online resources to help grads find work. Started TalentEgg in 2008 and now works with hundreds of companies and employs over 15 people.

I knew I was on my way when:

"I spent my first dollar on TalentEgg.

"I'm risk adverse so I knew the minute I put money into it I would have to make it back. We've literally helped millions of students and recent grads over the last few years transition from school to work by providing the access to employers and job info they didn't have before.

"We've just launched TalentEgg in the U.S. and one of the traits that defines me as an entrepreneur is to never accept success. We must always strive for more."

Action Plan

- "Seriously consider whether being an entrepreneur is the right path for you. For the right person it's the best job in the world but for the wrong person it could have long term financial consequences."
- "The best time to start a business is when you're young. The risk is lower, your opportunity cost is lower and there's a ton of support out there for young entrepreneurs."
- Ideas are the easy part, execution is everything. I've had countless people say they had the idea and I tell them "It wasn't my idea but it was ME that did it."

Stretch out your studies

Taking the long road. Set a study schedule early on to avoid cramming and procrastination

Test-taking likely isn't front of mind for students just getting settled back into school routines following the summer vacation. But it's not too soon to start plotting plans to hit the books well before the first quiz or midterm pops up on the calendar.

Krista Bianco, manager of the Supported Learning Groups Program at the University of Guelph, says some students likely grew accustomed in high school to studying the night before a test and performing OK. They may be applying the same approach now that they've reached the post-secondary level, not yet aware they'll need to change.

FA-ST track to success

Sarah Gaikwad enrolled in the Facilitation Study Sessions (FA-ST) program, which targets courses that have low retention rates or in which a high portion of students perform poorly.

- Students who have successfully completed those same courses are trained as facilitators and lead sessions that take a collaborative approach to helping students review and understand the material.
- Since Supplemental Instruction originated in the U.S. in the 1970s, the academic support model has been steadily establishing a presence in Canada, with comparable programs in place at schools across the country.



Sarah Gaikwad is a peer development facilitator at Ryerson, and oversees a program called FA-ST, which sees students helping fellow students succeed. CHRIS YOUNG/THE CANADIAN PRESS

For many students heading to college or university straight from high school, they'll likely be balancing a heavier workload in a compressed semester. It will be the first time away from home for many, and with that, their first test at managing their own time without having teachers checking up on them to ensure they've attended classes or submitted homework, she notes.

"I think for a lot of reasons that overwhelmed feeling comes along and they just don't yet have an understanding of what it is they need to do and how they need to change to meet the demands of university or college-level learning."

University of British Columbia psychology instructor Catherine Rawn leads a course featuring topics she's hand-picked in the hope of helping students become improved and lifelong learners. Goal-setting, motivation and self-control are among the subjects the class covers.

Students have also teamed up on assignments that explore learning challenges, like

In a cram jam?

You get worse at deep thinking in any one sitting, so trying to study for six or eight or 12 hours at a time isn't going to work.

Catherine Rawn
Psychology instructor

testing anxiety. Procrastination is a topic that has arisen in discussions, she says.

"This conversation comes up when we look at self-control and the fact that we have a limited supply of it. As you use more effort, and try to get yourself to do things like sit and study and focus, you have a diminishing supply," says Rawn.

"You get worse at deep thinking in any one sitting, so trying to study for six, eight or 12 hours at a time isn't going to work. We just don't have the ability as humans to be able to do that. So if that's their study strategy — to rely on their bodies and minds to be alert for

12 hours — that's not going to work."

Rawn suggests students create schedules which allow them to space out their studies and review course material during designated times. They should also be building their study notes as they go through their courses and making sure they're doing the readings well in advance of exams, she notes.

As if coping with the rigours of readings, tests and essays weren't tough enough, students are likely also juggling a host of other demands on their time, such as part-time jobs or extracurricular activities.

It may be challenging for some to see how to squeeze more study time into an already stacked day, but Rawn says this is the precise reason a schedule is so crucial.

"When three o'clock comes around it's not, 'Hmmm, what do I do now? I really want to take a nap,' or 'I really want to check my email.' Nope, it's already decided this is what I'm doing. I'm going to read this chapter.' And then it gets done."

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Canada's king of 'za offers a slice of advice

Success in writing.

Award-winning businessman Jim Treliving dishes to Metro about Decisions, delivering at work and not over-doughing it

ELIZABETH
BEDDALL

life@metronews.ca

Jim Treliving calls a simple visit to a Boston Pizza as a young RCMP officer the "smallest big decision" of his life.

The visit inspired Treliving to open his own Boston Pizza franchise in Penticton, B.C., and to eventually become co-owner of the award-winning business, which boasts more than \$1 billion in annual sales.

In his new book Decisions, the Dragon's Den star lets a few of his secrets slip to up-and-coming business folk.

If you could offer one piece of advice to an aspiring entrepreneur, what would it be?

If I can offer just one suggestion to aspiring entrepreneurs it would be: understand the

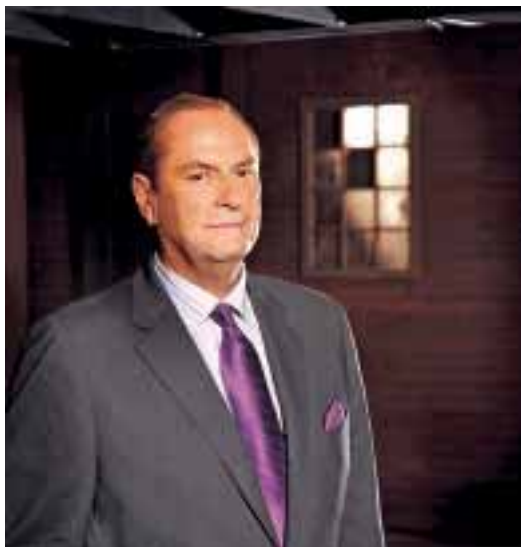
Paying it forward

Jim Treliving is donating royalties from his book Decisions to two Canadian charities he says are very important to him.

"The first one is the Centre for Addiction and Mental Health in Toronto. This is an organization that my wife Sandi and I have been personally involved with for some time and we strongly support the important work that they do and we want to help out in any way we can."

"The second charity that will be receiving royalties from the book is the Trans Canada Trail initiative that aims to complete the longest connected recreational infrastructure in the world, linking 34 million Canadians, 1,000 communities and over 23,000 kilometres of urban, rural and wilderness trail."

critical financial numbers of your business or find someone you trust who can help to you



Boston Pizza, co-owned by Jim Treliving, has been chosen by Deloitte and the National Post as one of the 50 best-managed companies every year since 1994. GREG PAUPST/CBC

do that. Too many small entrepreneurs that I meet these days are focused on products, sales and operations without putting the time in to analyze and manage the key financial figures. I was certainly like that when I started the first Boston Pizza

franchise many years ago, but luckily for me I quickly found a partner who is an accountant and can understand and manage the financial side of our businesses. Without that key component, even great business ideas will not get off the

ground.

Wrong decisions are inevitable in any power position — so what is the best way to bounce back?

You are absolutely right. Wrong decisions do happen and it is important to recognize when they happen and to be prepared to admit when you have made a mistake and make things right. Nobody bats 1,000 on making decisions, so there is no shame in saying "That was a mistake, let's find a way to fix this now". The key is to recognize the problem early and have a plan to address it.

What are, in your opinion, the key reasons Boston Pizza has been recognized as one of Canada's top best-managed companies for over 18 years?

We are very proud that Boston Pizza has been selected to the Platinum Club of Canada's 50 best-managed companies and also recognized as one of Canada's top 10 most admired corporate cultures. These awards come first and foremost because of our financial success. Let's face it, if we did not have a track record of excellent sales growth and suc-

cessful new restaurant openings, then we would not be considered for any awards, and rightly so. The second reason for me is simple — our people. We have a great management team, an amazing franchise community and almost 20,000 restaurant staff coast-to-coast who represent our brand incredibly well every day.

What is a right decision, and a wrong decision, that one can make when ordering a pizza pie?

Wow, that's a good one! It is hard to go wrong with pizza I guess.

I have a favourite at Boston Pizza called The Great White North with mozzarella, cheddar and smoked ham. I like to order it with fresh sliced tomatoes on top. Yum! I am usually pretty traditional with my pizza toppings but I also like to mix it up occasionally with the new ingredients that we have these days like hot peppers, BBQ chicken and pomodoro sauce. We even have a Szechuan pizza on the menu now! I guess that the only wrong decision that you can make when ordering a pizza is to not order enough. No one wants to see a big fight for that last slice!

Women taking women under their work wing?

Girl power. Ladies can be powerful mentors to their female co-workers, but how often is that really happening?

JULIA
WEST

Metro World News in Philadelphia

"Women help women in the workplace in myriad ways," proclaims Teresa Currier, chair of Saul Ewing LLC's Women's Development Initiative. "First, the mere presence of other professional women helps younger women making their way up, because



Just because she hasn't asked for a mentor doesn't mean she doesn't want one. iStock

Career connections

"...Because she loved the work I did for her, I followed her a few months later. We now work together, bouncing ideas off of each other every day and constantly bringing in new business."

Brittany Sykes
Senior account executive at Teszler PR, Inc.
on her supervisor, Barbara Teszler

a strong population of women silently stands for the proposition of inclusion in one of its many forms."

It's difficult to say if this

thought reflects what's really happening in the workplace. Of course, we hope it's accurate, but a recent poll by LinkedIn found

that 51 per cent of women surveyed between the ages of 18 and 29 said that they have not been mentored by female colleagues. Of the women questioned, 67 per cent of those who aren't mentoring others said the reason is because they haven't been asked to mentor anyone.

While it's hard not to get discouraged by these numbers, it's important to remember a couple of things. First, each situation is circumstantial.

Brittany Sykes, senior account executive at Teszler PR, Inc., recalls when her supervisor, Barbara Teszler, helped her advance in her career.

"After interning (for Teszler), I was offered a trial run for a position and ultimately became a publicist," says Sykes. "(Teszler) left the company to start her own and because she loved the work I did for her, I followed her a few months later. We now work together, bouncing ideas off

of each other every day and constantly bringing in new business."

Aside from the numbers, the LinkedIn survey tells us something very insightful: Women aren't asking to be mentored.

"We're all in this together," Currier reminds us. "Women today know that, and act upon it." If we look up to other women in the workplace, the study suggests we need to start asking them to help us in our own careers.

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Metro 101:

FROSH GUIDE

Monday, September 10, 2012



Prior to moving into a place, students should take photos or video to show what state it was in. This evidence can help protect the tenant down the road. JUPITERIMAGES/COMSTOCK/THINKSTOCK

Do your homework before renting

Housing. The key to successful tenancy is knowing your rights

**RICHARD
WOODBURY**
For Metro

When people are renting housing for the first time it can be a confusing process. This is especially true for students attending post-secondary education outside of their home province because the legislation governing tenancy varies.

For this reason, students should do their homework before renting.

"The bottom line is you have to learn what your tenant rights are in the province (where) you live," says Maryvonne Sallenave, the supervisory tenant duty counsel with the Advocacy Centre for Tenants Ontario.

For example, in Nova Scotia, a damage deposit can be no more than a half month's rent, while in Ontario, there is no such thing as a damage deposit.

Another example is damage deposits for pets. In British Columbia, it cannot

Insurance policies are cheap

A recent poll from TD Insurance found 32 per cent of Canadian renters younger than 35 incorrectly believe they are covered by their landlord's insurance policy. A renter who

wants coverage for their personal possessions and liability for accidents can get a tenant's insurance policy for around the price of two movie tickets, says TD Insurance.

be more than half of one month's rent, but in Nova Scotia, pet damage deposits aren't allowed.

The good news is it isn't hard to get up to speed on tenant rights. Provincial governments across the country

post information on their websites in easy-to-understand formats, including brochures, FAQs, plus there are hotlines one can call.

When it comes time to signing a lease, be sure to get it in writing.

"The important thing to remember is that a lease is a contract, so a written contract is going to protect both parties..." says Rhia Perkins, an official with Service Nova Scotia and Municipal Relations, the branch of government under which the province's Residential Tenancies Act falls.

"It helps both people know exactly what they are agreeing to."

The lease will include details such as the amount of rent, when the tenancy starts, whether there are any rules, and should also spell out whether things such as util-

ities or cable are included.

Prior to moving into a place, students should take photos or video of the apartment to show what state it was in. This evidence can help protect the tenant down the road.

"(Students are) often blamed for damages that may have already existed when they moved in," notes Sallenave.

One final thing students should get acquainted with is the rules surrounding subletting, as the academic term probably won't coincide with the length of the rental agreement.



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Clean start: Fact of living on your own

KELLY
PUTTER
For Metro

Away from home for the first time, cleaning your mess is probably the last thing on your mind. But it's a necessary fact of living on your own.

Some students come by it naturally, while others need some prodding, says Cate Morrison, a residence life manager at the University of British Columbia.

"We've found cleaning issues are one of biggest sources of roommate conflicts," says Morrison. "If they can be proactive about it early on by establishing a schedule it eliminates conflicts later on."

To help students, the university offers a printed schedule with a rotating set of duties it suggests be assigned to each roommate. The school

Roommate conflict

"We've found cleaning issues are one of biggest sources of roommate conflicts. If they can be proactive about it early on by establishing a schedule it eliminates conflicts later on."

Cate Morrison, a residence life manager at the University of British Columbia

even provides tip sheets on how to clean a kitchen in 15 minutes or how to degrease an oven.

While many residences provide some degree of cleaning services, it's a good idea for students to know how to clean in between visits from the pros. Besides, some residences don't clean the student's bedroom and often students will live off campus and



Schools are now offering orientation on how to do laundry. ISTOCKPHOTO/THINKSTOCK

need to fend for themselves.

"I'd say cleaning is one area that students lack in their general preparation for leaving home," says Cal Littlejohn, director of residence and conference services at Fanshawe College in London.

Littlejohn recommends

students supply their cleaning arsenal with a degreaser, a window cleaner and laundry products. Neutral, non-corrosive cleaning products are best, he says.

Morrison suggests students stock up on cloths, dusters, all-purpose cleaners

or wet cleaning wipes that come in a canister. Dish soap is handy to have as some students like to prepare meals or snacks in residence.

An odour eliminator such as Febreze is also a good idea to help freshen up stale rooms, especially in winter

All-purpose cleaner

- Here is a recipe for a natural all-purpose spray cleaner from UBC's life residence manager Cate Morrison:
- 1/2 teaspoon washing soda
- A dab of biodegradable liquid soap
- 2 cups hot tap water
- Combine the ingredients in a spray bottle and shake until the washing soda has dissolved. Apply and wipe off with a sponge or rag.

when windows are often closed.

UBC offers programs that teach students how to make green cleaning products. Recipes cover window and mirror cleaner, mould killers, baking soda scrubber, and a natural fruit fly trap.

Both schools offer an orientation on how to do laundry with tips on how to separate laundry and how to wash delicates.

"They either usually get the hang of it or wait till they go home on weekends for mom or dad to do," Littlejohn says. "They figure it out when white socks turn pink."

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Settle in, in style

Dorm decor. Get inspired to make your home away from home look colourful and bold

ASTRID VAN DEN BROEK
For Metro

Forget decorating your dorm room with milk crates and mom's old dishes.

"In some ways, young people now are more sophisticated than ever," says Tamara Robbins Griffith, design expert for Toronto-based HomeSense. "They have the technology at their fingertips so they're very inspired by décor shows and Pinterest and they want to express their style."

Here's what's hot for fall dorm looks.

Pops Of Colour

Whether it's bedding or a colourful lamp, bright colours are still popular, notes Robbins Griffith. "A lot of time students are stuck with white walls, so the chance to bring in bold colours adds a lot."

Accent Pieces

Along with that lamp, think of small items to touch up your space such as ottomans, storage containers and pillows. "It's important to make your home away from home more comfortable by co-ordinating your bedding with colourful cushions, throws and accessories," says Madeline Löwenborg-Frick, public

relations manager for Toronto-based Ikea Canada.

Prints. On Almost Everything

Zebra stripes, florals and geoprints are all hot sellers at Walmart Canada.

"Everything in our storage items is in the bright purple and pinks with tons of patterns from florals to zebras or funky geoprints," says Sandra Krsek, director of product development and innovation for Walmart.

So how do you fit all these great ideas into a space the size of your bedroom? Here are some tips on small-space living.

- **Use storage:** Living in a multi-use space means storage is key. "If you can hide stuff such as toiletries or kitchen items in attractive containers it makes a huge difference," says Robbins Griffith. "So think storage boxes, canisters and containers to stash away stuff. It makes the room look nice and helps the space look organized."

- **Pick double-duty items:** Look for items that do twice the work, such as a small storage ottoman that also acts as seating. "Or a stool that functions as extra seating but can also be used as a side table for a lamp,"



Living in a multi-use space means storage is key. A Three-Door Narrow Tower, \$11, left, available at Walmart, walmart.ca. HOMESENSE PHOTO



Zebra stripes, florals and geoprints are all hot sellers. HOMESENSE PHOTO



Think of small items to touch up your space, such as ottomans. A Coloured Ottoman from Walmart (walmart.ca), right, is \$28. HOMESENSE PHOTO

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The Jets' Tim Tebow scrambles during the season opener against the Buffalo Bills on Sunday in East Rutherford, N.J. JEFF ZELEVANSKY/GETTY IMAGES

Bills stunned by Jets' tightrope act

NFL. Lots of Sanchez, a little Tebow help New York to rout of Buffalo

One touchdown after another, the New York Jets eased all those pre-season concerns about their low-scoring offence.

With a whole lot of Mark Sanchez, a sprinkling of Tim Tebow and a dominant first-half effort by the defence, New York manhandled the Buffalo Bills, routing their AFC East rivals 48-28 in the season opener Sunday.

Rex Ryan passed on a chance to say, "We told you so" to his team's critics and doubters. So did Sanchez, and Tebow, too.

"Vindication, chip on our shoulder, maybe that's not the

Sunday's game

48	28
Jets	Bills

right things," Ryan said. "We were just excited to play."

And, they looked it.

Sanchez threw three touchdown passes, including two to rookie Stephen Hill, Jeremy Kerley had a touchdown catch and a punt return for a score, and Antonio Cromartie took one of New York's three interceptions of Ryan Fitzpatrick to the end zone.

"It's a great win, there's no

Quoted



Bills head coach Chan Gailly

"We're not running around like the sky is falling."

doubt about it," Sanchez said. "But, we've got lots of work to do."

That's from a team — labelled by some a "circus" for its penchant for making off-season headlines, namely acquiring Tebow — that had many wondering what to expect after the first-team offence failed to score a touchdown in the first three games of the pre-season.

"It looked like we were

making up for lost time there," Sanchez said.

Added Kerley: "We knew what we could do. We just showed the world today."

The Jets set the franchise mark for most points in a season opener on Shonn Greene's late one-yard scoring run.

"He definitely turned it on today," Kerley said of Sanchez. "I think there's always a big target on Mark's back and I think he likes it. He's a guy we trust and know what he's capable of each week, and he showed it today."

Sanchez had the offence humming along so well, the fans at MetLife Stadium actually booed Tebow when he failed to gain a yard when he took a direct snap in the second quarter. **THE ASSOCIATED PRESS**

Top rookie debut

Washington stuns New Orleans on back of RG3's 2 TDs

Robert Griffin III began his NFL career by connecting on 19 of 26 passes for 320 yards and two touchdowns, and the Washington Redskins handed the Saints a 40-32 loss in their first game since the bounty scandal that overshadowed New Orleans' off-season.



Griffin completed his first eight passes, including an 88-yard touchdown pass to Pierre Garcon, tying for the second-longest scoring pass by a QB making his NFL debut.

Rookie running back Alfred Morris rushed for 96 yards and two TDs.

Aldrick Robinson, making his debut, had a TD among four receptions for 52 yards.

THE ASSOCIATED PRESS

Top rookie debut

Bears hold Colts' Luck in check in first taste of regular season action

The Chicago Bears spoiled Andrew Luck's debut, beating the Indianapolis Colts 41-21 Sunday in the season opener.

The Colts' No. 1 pick was 23 of 45 for 309 yards with a four-yard touchdown pass to Donnie Avery early in the fourth

in a 41-21 loss to the Chicago Bears on Sunday.

But Luck also got picked off three times — twice by former Colt Tim Jennings — in an up-and-down start for a rookie with huge shoes to fill.

All he has to do is prove the Colts were right to take him with the No. 1 pick in the draft and part with Peyton Manning after he missed last season with a neck injury.

THE ASSOCIATED PRESS



MLB

Jays' sweep in Boston puts Sox in AL East cellar

Omar Vizquel hit a pair of sacrifice flies, including one in the ninth inning that lifted the Toronto Blue Jays over the free-falling Boston Red Sox 4-3 on Sunday.

Toronto entered the series in last place in the American League East, but left Fenway Park two games ahead of the Red Sox. The Blue Jays have won four straight overall and six in a row against Boston.

Jacoby Ellsbury and Dustin Pedroia homered for the Red Sox, who have lost four in a row and 10 of 11.

THE ASSOCIATED PRESS



Omar Vizquel celebrates with his Jays teammates on Sunday in Boston. GETTY IMAGES

Golf

McIlroy continues to dominate field

Rory McIlroy beat the strongest leaderboard in golf this year Sunday in the BMW Championship and joined some elite company.

McIlroy made back-to-back birdies around the turn to seize control at Crooked Stick in Carmel, Ind. He closed with a 5-under 67 for a two-shot win over Phil Mickelson and Lee Westwood.

McIlroy became the first player since Tiger Woods in 2009 to win in consecutive weeks on the PGA Tour, and with his sixth career win joined Woods and Jack Nicklaus as the only players to win at least six times at age 23. **THE ASSOCIATED PRESS**

Tennis



"Won the US Open Jr title today! 6-2 2-6 7-5. So happy to finish my junior career this way. This week has definitely been #beastmode."

Vancouver's Filip Petivo, who took to Twitter after beating Britain's Liam Broady 6-2, 2-6, 7-5 in the boys' final at the U.S. Open on Sunday, Petivo ended his junior career at Flushing Meadows by winning his second junior Grand Slam title of 2012.

4 SPORTS

Mobile sports



Alex Zanardi has had plenty to celebrate at the Paralympics after winning two gold medals in paracycling. And as the Paralympics came to a close on Sunday night, the former Formula One driver who lost his legs in a horrific 2001 crash had a chance to reflect on 'the process' of becoming a champion again. Scan the code for the story.

The NFL regular season got underway in earnest with 13 games on Sunday. Here's a photographic look at some of the action from a jam-packed day of football.

THE ASSOCIATED PRESS

Photos by Getty Images and The Associated Press



1 Steelers-Broncos.

Peyton throws way into record books in return

Peyton Manning threw the 400th touchdown pass of his career on a 71-yard strike to Demaryius Thomas and the Denver Broncos topped the Pittsburgh Steelers 31-19 on Sunday night.

Manning joins Brett Favre (508) and Dan Marino (420) as the only NFL quarterbacks to reach that milestone. He's also needed the fewest games to do so. This was Manning's 209th game, while it took Favre 228 games and Marino 227.

Coming off four neck surgeries that sidelined him all of 2011, Manning threw two touchdown passes and went 19 for 26 for 253 passing yards in his regular season debut with the Broncos.



Manning back at controls in Week 1



2 49ers-Packers. Rodgers' late rally falls short in Green Bay

The Green Bay Packers rallied from a 16-point deficit in the fourth and pulled within eight points when Aaron Rodgers threw a TD pass to James Jones with 6:05 left, but the San Francisco 49ers defence held the Packers in the final minute to come away with a big 30-22 win to open the season.

3 Eagles-Browns. Vick makes up for sloppy play with clutch pass

Michael Vick overcame four interceptions by throwing a four-yard touchdown pass to Clay Harbor with 1:18 left as the Philadelphia Eagles pulled off a nerve-racking 17-16 win over the Browns in Cleveland.



4 Lions-Rams. Stafford claws upfield for Detroit

Detroit Lions quarterback Drew Stafford made up for a shaky game by leading an 80-yard, nine-play, game-winning possession that included three passes of at least 18 yards.

The drive culminated with Stafford's five-yard TD throw to Kevin Smith with 10 seconds left to clinch a 27-23 win over St. Louis.

5 Patriots-Titans.

Brady fights pain in victory

Tom Brady threw for 236 yards and two touchdowns, and the defending AFC champion New England Patriots won 34-13 over the Tennessee Titans.

Brady may have suffered a broken nose when he was sacked in the second quarter by Kamerion Wimbley, but he didn't miss a play.



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Serena comes through in clutch in U.S. Open final

Tennis. Williams rallies to beat Azarenka for fourth title at Flushing Meadows and 15th Grand Slam crown

Finally tested, even trailing, at the U.S. Open, Serena Williams turned things around just in time.

Two points from defeat, Williams suddenly regained her composure and her strokes, coming back to win the last four games and beat top-ranked Victoria Azarenka 6-2, 2-6, 7-5 on Sunday night for her fourth championship at Flushing Meadows and 15th Grand Slam title overall.

"I honestly can't believe I won. I really was preparing my runner-up speech, because I thought, 'Man, she's playing so great,'" Williams said during the trophy presentation after the two-hour, 18-minute match, adding: "I'm really shocked."

Might be the only one.

After all, what really was stunning was that Azarenka made things as interesting as they were, given that she came into the day 1-9 against Williams over their careers.



Serena Williams poses with the U.S. Open championship trophy on Sunday in New York. AL BELLO/GETTY IMAGES

By the numbers

2002

Serena Williams became the first woman to win Wimbledon and the U.S. Open in the same season since a decade ago when — yes, that's right — she did it.

Wimbledon and the London Olympics.

There hadn't been a three-set women's final in New York since 1995, and Williams came through with a late charge.

"Serena deserves the win. She showed how true of a champion she is," said Azarenka, who managed only 13 winners, 31 fewer than Williams. "I definitely gave it all today. Stepping out of this

court today, I will have no regrets."

Azarenka hadn't dropped a three-set match all season until Sunday, going 12-0 in matches that went the distance, including victories over defending U.S. Open champion Sam Stosur in the quarter-finals and 2006 champion Maria Sharapova in the semifinals. **THE ASSOCIATED PRESS**

Tennis

No raining on Djokovic's parade to U.S. Open final

The weather was much better at the U.S. Open on Sunday. So was Novak Djokovic.

Under a cloudless blue sky, in only a hint of wind, defending champion Djokovic got his game into high gear and reached his third consecutive final at Flushing Meadows by beating fourth-seeded David Ferrer of Spain 2-6, 6-1, 6-4, 6-2 in a match suspended a day earlier.

"I was a different player," the second-seeded Djokovic said. "I felt much more comfortable on the court today than I did yesterday, (when) obviously the conditions were more brutal." **THE ASSOCIATED PRESS**



Novak Djokovic celebrates his U.S. Open semifinal win over David Ferrer on Sunday.

THE ASSOCIATED PRESS

Canadian athletes soaked up spotlight in London



Canadian Paralympic archer Lyne Tremblay poses with performers during the closing ceremony on Sunday in London. PETER MACDIARMID/GETTY IMAGES

Canada's athletes feel Paralympic sport hit a new level of recognition and respect in London.

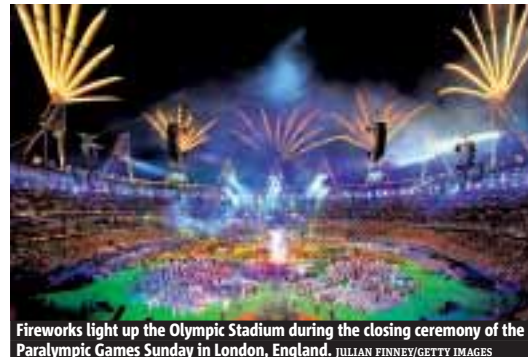
Whether that spotlight extends to Canada when they go home after Sunday's closing ceremonies of the Paralympic Games is debatable.

But the Canadians have enjoyed their status as the top show in London. And that's with the Premier League soccer season opening just prior to the Games.

Ticket sales, television ratings and anecdotal information from the athletes themselves indicate the host city embraced the Paralympic Games like none before it.

The 80,000-seat Olympic Stadium was full for track and field finals. The velodrome was ear-splitting, particularly when a British cyclist was on the track. The swimming pool stands had people in them all the way to the top row.

"What's new about these Games is the popularity of the events," four-time Para-



Fireworks light up the Olympic Stadium during the closing ceremony of the Paralympic Games Sunday in London, England. JULIAN FINNEY/GETTY IMAGES

Quoted



"It's been a great journey, my fourth Games. I'm really proud of what I've done here in London."

Montreal swimmer Benoit Huot, who carried the Canadian flag as part of the closing ceremony. Huot won three medals in the pool in London: a gold, silver and bronze.

lympic swimmer Benoit Huot said. "Sold out for heats, sold out for finals.

"We've never seen that. In Sydney, Athens and Beijing, in the heats it wasn't sold

Medals

- The stated objective of a top-eight finish in gold medals won at the 2012 Paralympic Games proved too ambitious for Canada.
- Seven gold medals was well below the 19 won four years ago in Beijing. Canada ranked 20th among 166 countries with 31 total medals.

out. There were people, but it was mostly summer camps or kids from schools. Here, it's public that bought tickets and that's a first."

The Paralympics gave Londoners an opportunity to soak up more high-calibre athletics after the Olympic Games. The Paralympic movement already had traction in Britain because the country is considered the birthplace of the Games.

THE CANADIAN PRESS

Horoscopes

♈ Aries

March 21 - April 20

Go easy on yourself this week, especially on the work front where not only are you being ridiculously ambitious but others are expecting you to work yourself into the ground. Your health must always come first.

♉ Taurus

April 21 - May 21

All types of relationships will go well for you now but affairs of the heart will go best of all, so stop worrying that a certain person does not like you as much as you like them – it isn't true.

♊ Gemini

May 22 - June 21

Family matters of all kinds will go better now with both the Sun and Mercury, your ruler, moving through the domestic area of your chart. They will go better still if you forgive those who have let you down.

♋ Cancer

June 22 - July 23

You will need to make allowances over the next few days for those who cannot think or act as fast as you. Stay calm and don't let little things annoy you. Mental, emotional and physical relaxation is a must.

♌ Leo

July 24 - Aug. 23

Make sure you get what you deserve, both emotionally and financially. Others will happily give you less than they should if they think they can get away with it, so you must stand up for yourself.

♍ Virgo

Aug. 24 - Sept. 23

Your life is about to take a turn for the better. Few things will faze you this week and even fewer will have a negative effect on your affairs. Your luck will improve and your attitude will improve even more.

♎ Libra

Sept. 24 - Oct. 23

The more you put other people first now the more you will gain personally – it's one of those proverbial win-win situations. It's always what you do one-to-one that changes the world for the better.

♏ Scorpio

Oct. 24 - Nov. 22

Get out and about today because the more you mix the more likely it is you will meet someone who changes your life for the better. Group activities of all kinds are well starred over the next few days.

♐ Sagittarius

Nov. 23 - Dec. 21

Before you start something new make sure it is what you really want to be doing. All too often you begin new projects in a burst of enthusiasm only to lose interest later. Only do what you are passionate about.

♑ Capricorn

Dec. 22 - Jan. 20

No matter how challenging events may be you will take it in your stride and your calm behavior will inspire those around you, both at home and at work. If only everyone could be as composed as you.

♒ Aquarius

Jan. 21 - Feb. 19

Happiness is a state of mind and at the moment your state of mind is being disrupted by worries about your money situation. The new moon on the 16th will resolve matters in your favor. Until then, relax.

♓ Pisces

Feb. 20 - March 20

Recent suspicions about people you live or work with will be swept away over the next 24 hours and you may be a bit embarrassed by your negative attitude. Never mind – no one got hurt.

SALLY BROMPTON

Crossword: (Mount St. Elias Is the Second-Highest)

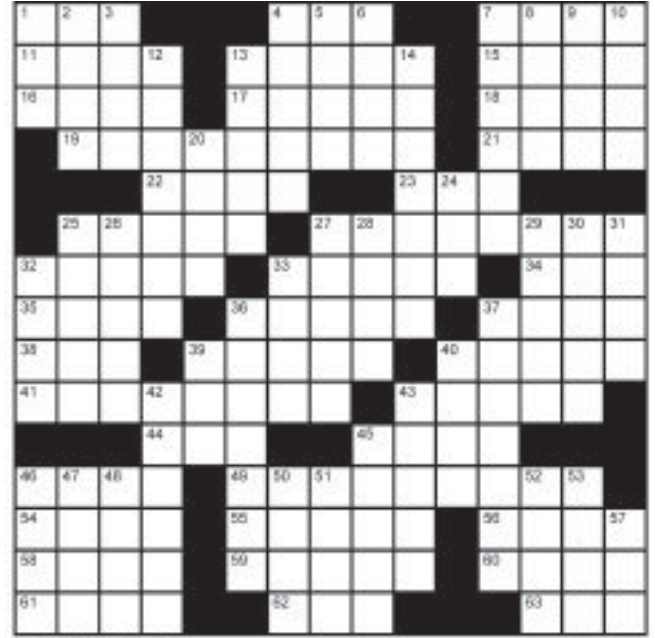
BY MICHAEL WIESENBERG

Across

1. "Beg pardon?"
4. Greek X
7. Daily dosages, casually
11. Guitarist Clapton
13. Brag
15. Shrinking inland sea that forms part of the border between Kazakhstan and Uzbekistan
16. Ancient civilization of the Yucatán
17. Unctuous David Copperfield character ____ Heep
18. World's longest river
19. Guy ____: Québec-born Cirque du Soleil founder, billionaire, International Space Station visitor, and high-stakes poker player
21. Accomplishment
22. Top Olympic medal
23. Exist
25. Carpentry smoother
27. Added up
32. Anjou, Bosc, and Bartlett
33. Prince who's third in line for the UK crown
34. Adam's mate
35. "Give it ____!": "Taste this!" (2 wds.)
36. Mountain ____: The Rockies or Cascades
37. Poker player's response to "Do you want a hand?" (2 wds.)
38. Lord of the Rings actress Tyler (Aerosmith's Steven Tyler's daughter)
39. Liberal ____
40. Crouch
41. Annual 12-Down event
43. Absorb facts
44. Approved
45. Apple covering
46. "Mon ____!": French mild oath
49. Toronto CFL team
54. Pastoral poem
55. Mars or Venus
56. Poker player's reply to "How'd you do?" after a successful session (2 wds.)
58. Encounter
59. Christmases
60. Dickens' A ____ of Two Cities
61. Backtalk
62. Classic British sports cars
63. Distribute seeds

Down

1. Bottom seam
2. Russian mountain range or river
3. Breezy greeting
4. Hollowed out, as an apple
5. Ponytail material
6. "The hour ____ hand": (2 wds.)
7. Ontario-born Howie of Deal or No Deal
8. Great Lake
9. Broad lowland
10. Winter conveyance
12. Alberta's largest city
13. BC-born pop singer Michael
14. IMAX ____
20. Accelerator particles
24. Sunbeam
25. Small: Fr.
26. Cocoon spinner
27. Aunt: Fr.
28. Bacchanal
29. Madagascar tree climber
30. Perrier or Aquafina competitor
31. Minor automobile accident result
32. Buddies
33. Difficult
36. Edmonton-born actress ____ Chong (Tommy's



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Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku



Sharability



easy

hard



REGINA

Teleco

864 Victoria Ave. E

(306) 352-6600

Teleco

Cornwall Centre

(306) 525-3854

Teleco

1501 Albert St.

(306) 525-5000

SASKATOON

AirSource

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(306) 955-2355

AirSource

2002 8th St. E

(306) 955-2357

AirSource

Centre at Circle and 8th

(306) 955-1955

AirSource

Midtown Plaza

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